



THE SENIOR COMMUNICATOR

Simsbury, Connecticut

Hours:

Monday 8:30 AM to 7:00 PM

Tuesday to Friday 8:30 AM to 4:30 PM

Senior Center Office

Phone 860 658-3273

Social Services Office

Phone: 860 658-3283

Fax: 860 408-7046

Simsbury Social Services Department

Senior Center

Eno Memorial Hall

754 Hopmeadow Street

P.O. Box 495

Simsbury, CT 06070

simsbury-ct.gov

Staff:

Kathleen Marschall,

Senior Center Coordinator

Lori Blackburn,

Senior Center Assistant

Mickey Lecours-Beck,

Director of Social Services

Charlotte Barth,

Social Services Aide

Carolyn Krystiniak,

Elderly Outreach Coordinator

March/April 2013

The mission of the Simsbury Senior Center is to provide a community focal point where older adults come together for programs that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence, and encourage their involvement in and with the Center and their community. We welcome all members of the diverse and growing older adult population (age 50 and over), their families and friends.

Jewelry Making Workshop

Learn to make earrings, bracelets, and necklaces with many different types of beads—glass, plastic, metal, semi-precious, etc. You can make as many items as time allows in this 5 hour workshop. Instructor will supply all the tools.

Friday, March 1

10:00 am to 3:00 pm

Cost—\$5.00 (plus the cost of supplies)

Sign up at the Senior Center Office.

NEW

Duplicate Bridge

If you like contract bridge, you will appreciate the challenge of duplicate bridge. We will begin with non-sanctioned competition for advanced beginners to intermediate players. In duplicate bridge your competition is not your opponents, but the other pairs who will be playing the same hand as yours. Players have the option of bringing their own lunch or buying lunch at the Senior Center. Players should select their own partners, but we will help in pairing individuals as needed.

Fridays beginning March 8 (no bridge 3/29, 4/12)

9:00 am to 3:00 pm

Cost: \$2.00 per week per player

To register or for questions contact Don Steele

860-651-9663 or Steele3544@sbcglobal.net

or call the Senior Center 860 658-3273.

Downton Abbey-Season One

Join us as we watch this increasingly popular series featuring Dame Maggie Smith. Downton Abbey tells the story of the aristocratic Crawley family and the inside scoop on their lives as well as the lives of the “hired help”.

Monday's starting March 4th through April 15th

Sign up at the Senior Center

2:00 pm to 4:00 pm

FREE

Cribbage

Cribbage is played every **Tuesday** from
1:00 pm to 3:00 pm. FREE, drop in.

NEW

Coupon Club

Bring your coupons to exchange and start saving on your grocery bills.

Every Tuesday, starting March 5

1:30 pm to 2:30 pm

Sign up at the Senior Center

FREE

Join Us For Lunch



The Senior Center offers lunch every Wednesday and Friday. Wednesday's Lunch@Eno offers a hot meal, Friday's Lunch Café features hot soup and sandwiches. See the enclosed insert for more information.

Souper Tuesday

The Aging and Disability Commission invites you to lunch. On the menu: soup, sandwich, dessert and coffee. Thank you to the **Junior Women's Club** for providing home made desserts for all of our Souper Tuesday Luncheons. **Please make your reservation through the Senior Center office.**

FREE

Tuesday, March 12, 12:00 noon.

(Please sign up by March 5)**

and

Tuesday, April 9, 12:00 noon.

(Please sign up by April 2)**

Introduction to Meditation

Meditation allows you to focus your mind and eliminate stress caused by jumbled thoughts. It can give you a sense of peace that benefits your overall physical and emotional health. Meditation also helps you to practice living in the here and now so that you can face each day more calmly and with more clarity. Join us to experience the many benefits of meditation.

Thursday, March 14

1:00 pm to 2:00 pm

FREE

St. Patrick's Day Party



Everyone is Irish on St. Patrick's Day. Join us for a traditional corned beef and cabbage lunch along with Irish soda bread, dessert and coffee. Enjoy your favorite Irish songs with live entertainment by "We Got Rhythm."

This popular event fills up quickly, so we encourage you to make your reservation early at The Senior Center Office.

Monday, March 18

12:00 noon to 1:30 pm

Cost-\$7.00

Sign up at the Senior Center Office by March 11.

Wii Bowling

Members of the Bloomfield Senior Center will be here in Simsbury for a friendly Wii bowling competition.

Thursday, March 21

10:00 am

FREE, sign up through the Senior

**THE SENIOR CENTER WILL BE CLOSED ON
3/29/13 IN OBSERVANCE OF GOOD FRIDAY.**

History Day at Simsbury High School

Volunteers wanted to share their stories with the Junior class history students at Simsbury High School. The school is looking for local adults to talk about their real life experiences growing up in the 1940's and 1950's.

Tuesday, March 26-from 7:32 am to 1:28 pm

Sign up through the Senior Center Office.

Thursday Theater

"50 First Dates"

A Hawaiian island playboy has to use his imagination to win over the girl of his dreams when he discovers she has no short-term memory. Starring Adam Sandler and Drew Barrymore.

Thursday, March 28

PG-13; 1 hour 40 minutes

1:00 pm at the Simsbury Library Program Room

FREE

Drumming Circle Demonstration

Mary Ertel, an experienced drummer and member of The Connecticut Drumming Network, will facilitate the drumming circle, and provide you with African drums and other hand instruments.



No experience is needed.

Thursday, April 4

1:00 pm to 2:30 pm

FREE, sign up through the Senior Center Office.

Simsbury High School Combined Concert

Join us at Simsbury High School to hear our Intonations choral group perform with The Simsbury High School chorus.

Thursday, April 11

7:00 pm to 9:00 pm

Simsbury High School Auditorium

FREE (with your VIP Pass)

Lunch and Learn

"How to Be Your Own Health Care Advocate"

Help your doctor help yourself. When people take an active role in their care, research shows they fare better in satisfaction and in how well treatments work. Sandee Fleet, Community Liaison at the Farmington Valley VNA will present.

Thursday, April 11

12:00 - Lunch

12:30 - Speaker

FREE, but reservations are necessary

Sign up by April 5

Lunch provided by Village Gate of Farmington.



Bird Watchers

Join Roger Preston and Gil Kleiner for a morning of exploration and discovery of the various spring migratory and nesting birds. Sign up through the Senior Center Office.

Meeting time for all locations is 8:00 am.

Wed. 4/17 meet at Great Pond State Forest

Parking lot

Wed. 5/1 meet at the Band Shell on Iron Horse

Wed. 5/15 meet at Great Pond State Forest

Parking lot

Volunteer Expo

Thursday, April 25

6:00 pm to 8:00 pm

Eno Memorial Hall Auditorium

AARP Tax Aide

Trained volunteers will prepare and electronically file both federal and state tax returns free of charge. Please bring last year's tax return, W-2, form 1099, Social Security forms, and any other 2012 income records. **Taxes will be prepared at The Simsbury Library, First Floor, Program Room #2. Appointments are available on Thursdays through April 11, between the hours of 9:30 am and 3:00 pm. Call the Simsbury Senior Center at 860 658-3273 to make your appointment.**

INCLEMENT WEATHER POLICY



If Simsbury schools are cancelled, all day and evening classes and programs are cancelled at The Senior Center. If there is a school delay, classes and programs will run on their regular schedule unless we contact you. Every effort will be made to make up classes or programs cancelled due to weather conditions. If Simsbury Schools are on vacation, tune to WFSB Channel 3, or check their website www.wfsb.com for Senior Center closings or delays.

WELLNESS

Blood Pressure Screening

Sponsored by the Farmington Valley VNA, no appointment necessary.

Every Wednesday 11:45 am to 2:15 pm in the Auditorium.

Mondays, 3/25 and 4/22 10:00 am to 12:00 noon in the Blue Room.

Footcare

Dr. Luca DiMatteo, a Simsbury based podiatrist, will be available to see patients usually on the **first Monday** of each month at the Senior Center. Appointments are routinely 15 minutes in length. There is a charge.

Clinic dates—Monday, 3/4 and 4/1

Time—1:00 pm to 3:00 pm

Sign up through the Senior Center Office.



Hearing Clinic

Connecticut Hearing Center will be at the Senior Center on a monthly basis to clean and service any brand of hearing aid and perform general screenings. All services are **free of charge**.

Clinic dates—Tuesdays 3/26, 4/23

Appointments start at 10:00 am

Sign up through the Senior Center Office.

Massages

Make an appointment today for a 15-minute massage **Wednesdays: 3/6, 3/20, 4/3, 4/17**

Appointments starting at 10:00 am

Cost—\$10.00, sign up at the Senior Center Office.

Bereavement Support Group

An ongoing group called Grieving, Growing and Giving will take place on the **1st and 3rd Thursdays of the month at the Simsbury Senior Center.**

This group will offer support and coping tools particularly helpful for those people who are new in their grieving process. The group is open to anyone actively grieving a loss. The group will be led by Geri Spano, McLean Hospice Bereavement and Spiritual Counselor. To register for this McLean Bereavement Support Group to be held at The Simsbury Senior Center, call **860-658-3950** and ask for Geri Spano.

Dates— 3/7, 3/21 and 4/4, 4/18

2:30 pm to 4:00 pm

Fitness

All participants are required to complete a liability waiver before starting a fitness class. Waivers will be updated on a yearly basis.

Please notify senior center staff if your health history changes.

We advise that each participant have a complete physical examination before participating in any physical activity.

Perfect Fit Exercise

Low impact aerobics, strength training & Pilates.

Instructor—Susan Rubenstein

9:15 am to 10:15 am

Mondays—4/8-6/10 (9 classes)

(no class 5/27)

Cost—\$31.50

Wednesdays—4/10-6/12 (8 classes)

(no class 4/24 & 5/22)

Cost—\$28.00

Drop in fee—\$5.00 per class

Checks payable to “Yoga Be Fit”

Zumba Gold

Get fit while dancing to the beat of Latin music.

Instructor—Susan Rubenstein.

9:00 am to 10:00 am

Fridays—4/12-6/14 (9 classes)

(no class 5/24)

Cost—\$36.00

Drop in fee—\$5.00 per class

Checks payable to “Yoga Be Fit”

Yoga

Mixed level, traditional style yoga class.

Instructor—Susan Rubenstein

10:30 am to 11:30 am

Mondays—4/8-6/10 (9 classes)

(no class 5/27) \$54.00

Wednesday—4/10 to 6/12 (8 classes)

(no class 4/24 & 5/22) \$48.00

Drop in fee—\$7.50

Checks payable to “Yoga Be Fit”



Strength Training for Everyone

This class is designed for both men and women using weights, bars, tubes and more.

Instructor—Susan Rubenstein

10:15 am to 11:00 am

Fridays—4/12-6/14 (9 classes)

(No class 5/24)

Cost—\$36.00

Drop in fee—\$5.00

Checks payable to “Yoga Be Fit”

Cardio Blast Exercise

Traditional aerobics to music you love.

Instructor—Mary Root

12:00 noon to 1:00 pm

Mondays: 4/1 to 6/10 (10 classes)

(no class 5/27)

Cost—\$20.00

Wednesdays: 4/3 to 6/12 (11 classes)

Cost—\$22.00

Fridays: 4/5 to 6/14 (11 classes)

Cost—\$22.00

Drop in fee—\$3.00 per class

Checks payable to Town of Simsbury



Balanced Bodies Exercise

This workout focuses on balance and stability.

Instructor—Mary Root

1:00 pm to 2:00 pm

Mondays—4/1 to 6/10 (10 classes)

(no class 5/27)

Cost—\$20.00

Wednesdays—4/3 to 6/12 (11 classes)

Cost—\$22.00

Drop in fee—\$3.00 per class

Checks payable to Town of Simsbury

Personal Training Class

Certified Personal Trainer Anita Kershner will lead you in an exercise program to meet your needs.

Instructor—Anita Kershner.

Tuesdays and Thursdays—3/19 to 5/23 (20 classes)

9:00 am to 9:45 am

Cost—\$50.00

Drop in fee—\$3.50 per class

Tai Chi

Four different levels of gentle, slow exercises that can improve balance and increase relaxation. Incorporates the mind, body and spirit.

Instructor—Michele Kelley

Advanced—10:00 am to 10:45 am

Intermediate—10:45 am to 11:30 am

Advanced Beginner—11:30 am to 12:15 pm

Beginner—12:15 pm to 1:00 pm

Tuesdays & Thursdays—3/5 to 4/30 (14 classes)

Cost—\$49.00 (no classes 3/12, 3/19, 3/21)

Checks payable to Michele Kelley

Line Dancing

Kick up your heels with our line dancing class.

Instructor—Jim Gregory

Fridays— 1:15 pm to 2:45 pm

Dates—4/5 to 6/14 (11 classes)

Cost—\$27.50

Drop in fee—\$3.50 per class

Checks payable to Town of Simsbury

Qi Gong—Evening

Combines breathing exercises with physical movement to cultivate and promote well-being.

Check bulletin boards for room locations.

Instructor—Michele Kelley

Monday Evenings—6:00 pm to 7:00 pm

Dates—March 4-May 20; no class 3/11, 3/18, 4/8

Cost—\$8.00 per class; pay teacher at class

Fitness Room

Our Senior Center Fitness room is available for you to use Monday through Friday, 8:30 am to 4:00 pm.

Equipment available:

2 NuStep reclining steppers

2 Treadmills

1 Stationary bicycle

1 pound to 10 pound free weights

Call or stop by the Senior Center office for more information.

Membership fees:

\$40.00 a year or

\$5.00 a month

A note from your physician and an orientation by our personal trainer is required before signing up.

ONGOING PROGRAMS

Book Club

Share your thoughts and opinions on the selected book of the month.

Instructor—Mary Jane Springman

10:00 am to 12:00 pm

3-27: *The Places in Between*

By Rory Stewart (NF)

4-24: *All the King's Men*

By Robert Penn Warren (F)

Bridge

Intermediate players welcome. Ongoing group.

Monday: 12:00 noon to 3:00 pm

Ceramics

No experience necessary. Enjoy being creative.

Instructor—Gloria Cerniglia

Tuesdays: 10:00 am to 2:30 pm

Dates—4/9-6/11 (10 classes)

Cost—\$20.00

Cribbage

Tuesdays

1:00 to 3:00 pm

FREE

Intonations

This choral group enjoys singing together with performances at local venues.

Instructor—Professor Greg Babal

Wednesdays—10:00 am to 12:00 noon

Dates—4/3 to 6/5 (10 classes)

Cost—\$20.00



Knit & Crochet Group

This friendly group of knitters and crocheters meet every Monday. Lots of yarn available for use.

Mondays—10:00 am to 12:00 noon

FREE



Life History Writing Workshop

No writing experience required. All you need are stories and memories for this guided class with fun discussions and writing projects.

Instructor—Jeanne LaPierre

Tuesday's—10:30 am to 12:00 noon

Dates—4/23 through 5/28 (6 classes)

Cost—\$30.00

Mature Driver Safety Screening Program
The Injury Prevention Center of Hartford Hospital and CT Children's Medical Center, is providing the opportunity for older drivers to assess their own safe driving abilities, at no cost. The screening will take place at The Simsbury Senior Center and takes about an hour per person. Results and recommendations are immediate and confidential.

Dates: 3/8, 3/22 and 4/12, 4/26

Make your appointment through the Senior Center Office. A \$5 Dunkin' Donut card will be provided for your participation.

Painting

From beginning to advanced students. Bring your favorite medium: watercolor, pastels, acrylics, and the appropriate painting surface for your medium.

Instructor—Debbie Leonard

Thursdays: 10:00 am to 12:00 noon

Dates—2/28-3/28 (5 classes)

Cost—\$20.00

Drop in fee—\$5.00



Scrabble

Come enjoy the game of SCRABBLE at the Senior Center.

Tuesdays: 1:00 pm to 4:00 pm

FREE

Setback

Fridays: 10:00 am to 12:00 noon

FREE

Stamping—Make Your Own Greeting Cards

Create a special card for a special person for a special reason. All materials are provided, no experience necessary.

Instructor—Marge Lenda

Mondays: 9:30 am to 11:30 am

Craft Room

FREE

Tablet/eReader User Group

Bring your Kindle, Nook, Nexus, iPad, or other portable device. Share ideas with other members and get advice from our technology instructor during the group.

Thursdays

12:00 to 1:00 PM

FREE

OTHER IMPORTANT INFORMATION

Aging and Disability Commission

A volunteer advisory Commission that is responsible for investigating the needs of older adults and persons with disabilities, and providing assistance to public and private agencies in the implementation of programs and facilities for such needs. Meetings are the third Tuesday of the month at 7:00 pm in Eno Memorial Hall, Youth Room.

Meeting date: Tuesday 3/19 and Tuesday 4/16.

Handicapped Parking Permit Applications

Are available at the Senior Center Office.

CHOICES

(Connecticut's program for Health Insurance, Outreach, Information and Eligibility Screening)

CHOICES counselor Marlene Fein will be available to provide the information and assistance necessary for you to understand your rights, receive benefits to which you are entitled and make informed choices about health insurance concerns.

Appointments are available on 3/21 and 4/18 and can be made through the Senior Center Office.

Copy Machine

The Senior Center staff can make copies of medical, legal or financial documents at no charge to you.

VIP Pass

The VIP Pass Program is a partnership with Simsbury Public Schools that will allow residents age 65 and older to attend a wide variety of school functions such as sporting events, art exhibits, concerts and theater productions **free of charge**. You may obtain a VIP Pass application at the Senior Center, at the Superintendent's office at 933 Hopmeadow Street (Town Hall) or by downloading an application at www.simsbury.k12.ct.us and returning the form to either location.

CT Alert/

Simsbury Community Alert

A state-wide and local emergency notification system that will give you important information during emergencies. Social Services and Senior Center staff can assist you in registering for this alert system. Call the Senior Center or Social Services Office for more information.

Simsbury Senior Center
P.O Box 495
Simsbury, CT, 06070

PRESORTED STANDARD

US POSTAGE PAID

AVON CT

PERMIT NO 444

Casino Trips

Important Information for Trip Participants:

All people registering for trips through the Simsbury Senior Center will be given an emergency medical information card. We ask that you complete this card, keep it up-to-date, and have it with you on each trip you take with us. **Refunds cannot be issued except for medical reasons or if a replacement can be found from a waiting list.**

Mohegan Sun Casino

Monday, March 11, 2013

Bus will depart at 8:30 am, return to Simsbury 5:00 pm.

Cost—\$17.00 includes round trip transportation via deluxe motor coach
and a \$30.00 bonus (\$15.00 meal voucher and \$15.00 bet).

Sign up at the Senior Center Office.

Foxwoods Casino

Thursday, April 11, 2013

Bus will depart at 8:30 am, return to Simsbury 5:00 pm.

Cost—\$17.00 includes round trip transportation via deluxe motor coach
and a \$20.00 bonus (\$10.00 meal voucher and \$10.00 Keno bet).

Sign up at the Senior Center Office.